

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **20<sup>th</sup> MAY 2013**

**11 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 90' Distance: 18km
	Session	5 x 15' 4' rest		LADDERS 1' - 2' - 3' - 2' - 1' (1' rest)  2 @ 70% 2 @ 80%		1 x 4'(1') 70%  4 x 1' (2') 90%  4 times		3x6'(2') 70/80/90% 4x4' (2') 80/90% 5x2' (2') 90%
	Focus	If in a group prepare for distance racing 'Wash Riding' 5min leads each				Maintaining technique at higher work rates during 90% effort		Aerobic Capacity
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	5 x 3000m 3 min rest.	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Steady Paddle				

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **27<sup>th</sup> MAY 2013**

**10 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 100' Distance: 20 km
	Session	70' @ 60 / 70%		7 x 1' @ 70% 7 x 1' @ 80% 1' rest  7 x 1' @ 70% 7 x 1' @ 80% 30 sec rest		15' @ 70' <b>1 x 5' @ 90%</b> 15' @ 70' <b>1 x 5' @ 90%</b> 15' @ 70' <b>1 x 5' @ 90%</b>		5 x 20' 5' rest
	Focus	Easy paddle Continuous		Lactate Tolerance		Skills and starts  Quality races		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	2 x 9' @ 70% 3 x 6' @ 80%) 4 x 3' @ 90% 2 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Technical Skills & Drills				

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **3<sup>rd</sup> JUNE 2013**

**9 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 90' Distance: 15km	REST	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 100' Distance: 20 km
	Session	15 x 1000m @ 70% 1 min rest		10 times 1' @ 70% 1' @ 80% 1' @ 90%  1 min rest		Six times 2' @ 70% 2' @ 80% 2' @ 90%  1 min rest		9 x 2000m 1000m @ 70% 1000m @ 80%  3' rest
	Focus	Improving Technique Low intensity		Lactate Tolerance		Aerobic Threshold		Hard Session Aerobic Capacity
<b>AFTERNOON SESSION</b>	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	15km Continuous Paddle	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Steady Paddle Adapting to paddling for over an hour				

## AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **10<sup>th</sup> JUNE 2013**

**8 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 100' Distance: 20 km
	Session	15km Continuous Paddle		Three Times 1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest		10 x 1' @ 80% 1' rest  10 x 1' @ 90% 1 min rest  10 x 1' @ 100% 1 min rest		5 x 20' Steady Paddle
	Focus	Steady Paddle Adapting to paddling for over an hour		LADDER Aerobic Threshold		Lactate Tolerance		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	15 x 1000m @ 80% 2 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Aerobic Capacity				